

Attention Parent/ Guardian of a Friendswood ISD Student- Athlete:

It is that time of year again! 2023-2024 FISD Athletic Physicals will be held on Saturday April 29<sup>th</sup> from 8:30am – 2:00 pm at the Walter Wilson Field House at Friendswood High School. The Athletic Physical is \$30 (CASH ONLY), with an OPTIONAL Echocardiogram at \$50 (CASH ONLY- IN ADDITION).

All forms will be completed electronically via Rank One. In addition to completing annual online Rank One forms, parents will upload their students' physical forms (please refer to the instructional page attached to this email). No physical paper will be accepted in the athletic training room. All forms will be able to be completed/uploaded on April 24<sup>th</sup> via Rank One. We have attached an FAQ form, physical day flyer, and upload instructions.

Below you will find step-by-step instructions on how to proceed for the physical examination and how to start the submission process.

**BEFORE PHYSICAL EXAMINATION:**

- Print off the Medical History/ Physical Examination page at the FHS Athletics website or the Friendswood Athletic Training website @ <https://www.friendswoodathletictraining.com/forms--policies.html>
- Complete the Medical History Page prior to the physical examination \*\* Please make sure to read the directions, write answers to the *YES* questions in the provided space, and sign at the bottom \*\*
- Attend a Physical Examination and have the healthcare provider complete the Physical Examination side
  - Friendswood ISD Student Athlete Physical Examination Day is **Saturday April 29<sup>th</sup>, 2023 8:30am -2:00pm**
  - If you are unable to make it on April 29<sup>th</sup>, please schedule an appointment with your physician.

**\*\*If a student athlete will be receiving their physical at the FISD physical day, the Medical History side of physical form MUST be completed, prior to the exam\*\***

**AFTER PHYSICAL EXAMINATION:**

- Visit <https://friendswoodisd.rankonesport.com/New/NewInstructionsPage.aspx>
- Log into your Rank One account, register for a new account, or continue as a guest. Please see if FAQ sheet for information on Rank One Account Creation.
- Upload the Physical Examination document (this is the back of the page of the physical form in which the provider filled out). This may be done through photography or scanning.

- Fill out the Medical History Form (**NOTE**- this was completed prior to the physical examination, but **MUST BE** filled out again online as well for clearance)
- Complete the Athletic Information Form
- Complete the Athletic Policies Form
- Complete UIL Forms Signature Page
- Complete Consent to Treat Forms | BFR, Dry Needling, Cupping, OTC **\*\*optional\*\***

**\*\*Please note Student's First Name, Student's Last Name, Student's ID, and School Attending in 2023 -2024 must be filled out on each page. Forms will not submit electronically without all required information being completed. \*\***

**\*\*Parents will NOT be able to upload and complete any forms until April 24<sup>th</sup>\*\***

If you have any questions or concerns, please contact the Athletic Trainers at (281)- 996- 6553 or email Head Athletic Trainer Blake Lapier at [blapier@fisd12.net](mailto:blapier@fisd12.net)  
Go Mustangs!